



Independence Day 2005

Let Freedom Ring ...

Photo illustration by Senior Airman Neo Martin

Guam tour brings out best in Airmen



Photo by Staff Sgt. Bennie Davis

ANDERSEN AIR FORCE BASE, GUAM — Airman 1st Class Lora Teets, 36th Expeditionary Aircraft Maintenance Squadron, removes fasteners on an engine panel of a B-2 Wednesday.

B-2s continue to augment Pacific Forces

By Senior Airman Joe Lacdan
Public Affairs

A looming presence has been established in the Western Pacific Ocean.

U.S. Pacific Forces now have the B-2 Spirit Bomber in its arsenal. Airmen from Whiteman have made Andersen Air Force Base, Guam, the B-2's temporary home, as part of an Air Expeditionary Force deployment. Members of the 325th Expeditionary Bomb Squadron, the 36th Expeditionary Aircraft Maintenance Squadron, the 36th Expeditionary Maintenance Squadron and the 36th Expeditionary Operations Support Squadron are supporting operations for a 120-day tour at Andersen, the longest in the bomber's 13-year history.

This followed a 60-day deployment by the 393rd Expeditionary Bomb Squadron with the same maintenance and support organizations.

The B-2 deployment, which initially began in late February, will help provide a

continuous bomber presence in the Asia Pacific region and augments Pacific Command's establishment of a deterrent force.

The tour also marks the first B-2 deployment since Lt. Gen. Bruce Carlson, 8th Air Force commander, declared the bomber fully-operational capable in December 2003.

"I think it sends a message to the world that the B-2 is ready and capable at any time," said Master Sgt. Bill Vance, 36th EAMXS production superintendent.

During its first two months at Andersen, the Cavemen scheduled 67 sorties for May and June. The unit completed 78 percent of scheduled flight activity to date, with 22 percent cancelled because of weather and maintenance issues. Fourteen global power/long duration sorties were flown during the second quarter of this year.

The groundwork for production of those sorties didn't come easy. Maintainers had to adjust to working in weather different from western Missouri, and climate-controlled hangars needed to house the aircraft were limited. This left more aircraft exposed to the environment, and low-observable maintenance had to be carefully scheduled. Among the roadblocks were cracked hydraulic fittings on one B-2 as well as exhaust tailpipe issues.

"A longer deployment means experi-

INSIDE

- ✓ For more on the 325th Bomb Squadron's deployment to Guam, see **Pages 12-13** for a photo feature.
- ✓ Familiar face takes over the 509th Operations Group, **Page 3**.

encing a broader range of aircraft challenges, which we have," said Maj. Dwain Slaughter, 36th EAMXS commander. "It's tough to be prepared for every scenario and balance the mobility footprint it takes for all of the support equipment and supplies."

Another obstacle for the Airmen came from not having supplies for the aircraft immediately at their disposal.

"When we are at (Whiteman) the part is either on hand or just on the other side of the country – not halfway around the world," said Capt. Timothy Beck, 36th Expeditionary Aircraft Maintenance Squadron.

Since February 2004 when the continuous bomber presence began at Guam, Airmen have adopted to Andersen's unique tropical environment. To help Whiteman Airmen solve the hangar issue, a typhoon-proof hangar is under construction and is scheduled for completion in August. The

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Commander's Corner

By Col. Chris Miller
509th Bomb Wing Commander

MISSION READY. Last week Air Combat Command's Inspector General team conducted a thorough look at the 509th's nuclear surety. Inspections like this are important because they keep us on our toes and help us improve our capabilities. The IG team left knowing the 509th stands ready to accomplish its mission. They were impressed by your teamwork and recognized many outstanding individuals, teams and unit performances (see Page 6). I know all of you involved in the inspection worked very hard to prepare. I'm proud of your professionalism and the way you rose to the many challenges the team threw our way. Thanks for your discipline and dedication!

CELEBRATE FREEDOM. Monday marks the 229th anniversary of the signing of the Declaration of Independence. It's a time to celebrate all the liberties we enjoy in this great country of ours. Many of us have been to some rough parts of the world and have seen it first hand, but I hope we all appreciate how fortunate we are to live in a land where we can enjoy the many freedoms ingrained in our democratic society. So while you're with your family and friends this weekend, I urge you to take a moment to remember the visionary patriots

who set the course for this awesome nation we call America — who pledged their "lives, fortunes and sacred honor" to secure the blessings of Liberty for us. Today, as military professionals and families, it's our turn to defend the nation — and it's an honor to be able to do it.

SAFETY FIRST ON THE FOURTH. As I mentioned above, this is a great weekend to enjoy being an American — but to enjoy it, you've got to be safe! Every summer — and every Independence Day weekend — there are way too many needless injuries and deaths — things that could have been prevented with just a little forethought and common sense. For example, if you're going to be out in the sun, wear sunscreen and stay hydrated (beer alone is not hydration).

If you're going on a bike ride, wear your helmet. If you're going to drink alcohol, don't get behind the wheel of a vehicle. If you're in a boat, wear a lifejacket. Every time you're in a car, you must wear a seat belt — and if you don't, the statistics say you're far more likely to be killed or maimed in an accident. There are lots of fun ways to stay safe and a few very predictable ways to get hurt — you know the right things to do if you just think before acting! Have a great, safe Fourth of July weekend!

Staff Sgt. Chris Gunn, 509th Civil Engineer Squadron, tries on a life preserver at Outdoor Recreation. Wing members are reminded to exercise safety during boating excursions this summer.



Photo by Senior Airman Joe Lacdan

Independence Day 2005 Nation's independence celebrated by all people

By Lt. Col. Edwin Burkett
509th Medical Operations Squadron commander

We are all eagerly anticipating the Fourth of July that commemorates the 229th year of our country's independence. This will be a time of family gathering, patriotism, fireworks, food and fun — not to mention a four-day weekend for many of us. However, there is another independence day that quietly slips by us: June 19. That day celebrates an equally important nexus in our great country's growth and development. It's called Juneteenth and is the recognized commemoration of the end of slavery in the United States.

President Lincoln published the Emancipation Proclamation in September 1862 and it was enacted on Jan. 1, 1863. Many slaves were freed immediately in Southern states as the word spread under areas of Union control or contact. However, far to the west in Texas the news did not spread and people remained enslaved. With the Union victory in April 1865, the unity of our country was preserved and the ideals of freedom for all were upheld. However, but the news still did not reach Galveston, Texas, until June 19, 1865.

So, two and one half years after the original emancipation, the final slaves found out about their freedom. Maj. Gen. Gordon Granger issued the following, General Order No. 3:

"The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and connection heretofore existing between them becomes that between employer and free laborer."

Needless to say, there was great cause for celebration and Juneteenth became a significant day for the Black American community in the late 19th century. For many reasons, the knowledge of Juneteenth is not widespread today but the lessons within this bit of history are not diminished.

America is the greatest country because of the innate desire for freedom and justice instilled into its birth as evident in the Declaration of Independence, other early documents, and the writings and lives of the

founders.

However, even in the midst of arguably its most gruesome sin, America rebelled against its own flaws and was victorious in purging itself of a burden that hindered the realization of the basic tenet of its inception: freedom for all.

The delay of freedom in the Juneteenth history can be seen as a symbol of how we process our response and acceptance of the concept of justice for all.

Freedom required change not only physically or on paper but in the minds of the oppressed, the oppressors, and the liberators. This change was slow in coming throughout America and after the reconstruction period actually resulted in the illegal backlash terrorism, Jim Crow, and civil rights denial of many

groups of people up through the 1960s. Thankfully, throughout our history there have been the many General Grangers in America who remind, enforce, and implement the ideal of independence with conviction and strength so we can continue moving forward despite several steps backward. That is because independence is not just held in a piece of paper, a flag, or courtroom. It's in the Spirit of America and the souls of all of its people.

The freedom we seek is within us and is released when we acknowledge truth. The truth is only revealed when we look at life through eyes of love for our fellow man.

Juneteenth was made a state holiday in Texas in 1980 as a tribute to that great step of freedom. Juneteenth does not have to be a national holiday; it doesn't need to be. It is one of many steps of freedom that Americans have taken in our history and none are necessarily more important than the other.

The real message here is that we each emancipate our minds, our hearts, our people, and our nation every time we choose to

love first then act. So continue to gear up for a safe and joyous 4th of July, but along the way think of Juneteenth and other past and future milestones of freedom and truly celebrate our independence.

"Independence is not just held in a piece of paper, a flag or courtroom. It's in the Spirit of America and the souls of all its people."

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The deadline for article submissions to the Whiteman Spirit is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, e-mail: whiteman.spirit@whiteman.af.mil, fax us at 687-7948, or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
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New OG commander a familiar face to Whiteman



Photo by Staff Sgt. Tia Schroeder

Col. Robert Wheeler addresses wing members after taking command of the 509th Operations Group Tuesday. He returns to Whiteman after two assignments in Europe.

By Airman 1st Class Jason Burton
Public Affairs

Col. Chris Miller, 509th Bomb Wing commander, handed the 509th Operations Group guidon to the newly inducted group commander, Col. Robert Wheeler, during a change-of-command ceremony Tuesday.

Colonel Wheeler, who was stationed here from August 1998 – February 2003, returns to Whiteman after a 27-month tour in Europe.

“It is truly an honor to be back at the 509th Bomb Wing,” said Colonel Wheeler, who took over for Col. Curtis Petrek, who served as the 509th OG commander since May 2003.

“Colonel Wheeler’s performance during his last tour here was outstanding, so I have no doubt that he has the credentials to assume command,” Colonel Miller said.

When Colonel Miller addressed members of the 509th OG during the ceremony, he said, “I think it says a lot about your incoming leader when the chief of staff of the Air Force says ‘He is an enthusiastic, hard working strong leader who won’t quit until the job is done right.’”

Colonel Wheeler’s last assignment was in Vienna, Austria, where he was the Joint Chiefs of Staff division chief for European security issues and the senior military advisor to the U.S. Ambassador for the Organi-

zation for Security and Cooperation in Europe. Before that assignment he went to the North Atlantic Treaty Organization Defense College in Rome.

Colonel Wheeler also served as the commander of the 325th Bomb Squadron here, which led America in the war on terrorism with the first strike in Afghanistan.

He was the 509th BW chief of safety, a B-2 instructor pilot and the 394th Combat Training Squadron operations officer.

Colonel Wheeler has been a member of the chief of staff of the Air Force action group at Air Force headquarters in Washington, D.C.

He served as an air campaign analyst and executive officer for the operations directorate of Air Force headquarters at the Pentagon.

He is a command pilot with more than 4,500 flight hours in the T-37 Tweet, T-38 Talon, B-52 Stratofortress and the B-2.

Wing members and Colonel Miller bid a farewell to Colonel Petrek, whom Colonel Miller said, “there is no finer pilot, leader or person than Curtiss Petrek.”

“He and his family have been the foundation on which every 509th OG success has been built,” he added.

The former operations group commander’s next assignment is vice commander of the 55th Wing at Offutt Air Force Base, Neb.

Independence Day 2005

‘Each generation has a responsibility’

By Lt. Gen. Bruce Carlson
8th Air Force Commander

In 1776, a small group of British colonists bravely stood up against the most powerful empire in the world and said “No” to the tyranny of a distant monarchy. In declaring independence from Great Britain, they risked losing everything they had worked for; their homes, their businesses, even their lives. They preferred the prospect of death in a struggle for liberty over a life of enslavement to a foreign government.

They stood up for freedom and democracy, and changed the world in the process. We honor their commitment to liberty and their contribution in making America truly the “land of the free and home of the brave.”

In the 229 years since then many have also taken that stand, but not without sacrifice. Many before us have paid with their lives so we could enjoy the liberties we have today. Many of the

“Mighty Eighth” family are among those who championed democracy.



Now is the time to salute those brave patriots. This holiday is not just about barbecues, flags or fireworks; it’s also about remembering those who gave of themselves so we can live in a free society. It’s about recommitting ourselves to the values of our country’s forefathers and the spirit of our great nation.

Each generation has a responsibility to remember and to carry the torch of freedom to the next generation. Today, members of the “Mighty Eighth” are working together for the cause of freedom, both at home stations and on deployments across the globe. Your nation owes you its gratitude and unwavering support. Freedom does come with a price, and it is evident by your actions that you have paid that price in defending our nation’s liberty and independence.

So on this most American of holidays, let us

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Secretary of Air Force sends holiday message

WASHINGTON (AFPN) — *(Editor’s note: the following is an Independence Day message from Michael Dominguez, acting secretary of the Air Force, and Air Force Chief of Staff Gen. John P. Jumper).*

“This July 4th, we celebrate our nation’s 229th year of independence. In those 229 years, the United States has embodied the principles of democracy and presented freedom’s virtues for countless nations and people.

“Our road to democracy began with the original 13 colonies and hasn’t always been easy. The United States has fought for her freedom and ideals whenever and wherever needed. We continue to do so today, with Airmen deployed and engaged in the global war on terrorism.

“As you celebrate our independence this year, keep those who are serving far away from home, and their families, in your thoughts and prayers. Remember their sacrifices and the sacrifices of courageous patriots who came before them.

“You, America’s Airmen, represent the very best we have to offer. Citizens of this nation and people of the world look to you as defenders of freedom. We couldn’t be more proud of your strength and unity, and we thank you and your families for your selfless service. Have a safe and happy 4th of July!”

News in Brief

BCC luncheon set

The next base community council luncheon begins at noon Thursday at Mission’s End. The featured communities are Sedalia and Marshall, Mo.

The menu is ham and turkey croissant with chips. The cost is \$8.50. Those interested in attending the must R.S.V.P. by Tuesday. For more details, call Melissa Klinkner at 687-6126.

Road closure scheduled

Arnold Avenue is scheduled to be closed Monday for repairs to that road and Spirit Boulevard. The project will repair Arnold Avenue from Spirit Boulevard to 8th Street by removing existing asphalt and base material, and installing

new base material and asphalt. The closing will affect Bldgs. 530, 527, 30, 33, 35, 36 and 50 and the access to the parking lot at the commissary on Arnold Avenue.

The contractor will provide a schedule of demolition for limited access to the above facilities. To keep the construction zone safe for pedestrians and workers, the speed limit is five miles an hour. The project is scheduled to take eight weeks. For more details about the project, call Gary Hall at 687-6281.

AFA, MOAA meeting set

The Air Force Association and Military Officers Association dinner begins at 6 p.m. July 19 at Mission’s End. The speaker is Lt. Col. Steve Basham, 393rd Bomb Squadron commander. Dinner will be off the club menu. The meet-

ing is open to the public. For more details, call Fred Niblock, at 429-1775.

Demolition begins Tuesday

The demolition of base housing on Forbes Street is about to kick off to support the on going education center and future child development center projects. Large construction equipment will be operating on the site requiring the street to be closed off beginning Tuesday for about 30 days. The road will be closed from Houx Drive to 132 Forbes for all traffic except contractor vehicles and equipment. The street from Gray Lane to Spirit Boulevard will remain open for traffic. This action is required to ensure a safe working environment for Whiteman and construction workers. For more details, call Mike Roberts at 687-4229.

National Guard unit gets new commander

By Army 2nd Lt. Nathan Smith
1/135th Aviation Battalion

Army Lt. Col. Thomas Burson took control of the 1-135th Aviation Battalion June 4 from Lt. Col. William Thomas during a change of command here May 1. Colonel Thomas left the 1-135th to take over as the administrative officer of the Missouri Army National Guard 1107th Aviation Classification and Repair Activity Depot in Springfield.

Colonel Burson said he's excited about taking command of the 1-135th and wants to pass on three principles he lives by: "Keep it simple, maintain a positive attitude and take care of the Soldiers."

"I expect to take the battalion to the next level; which is collective training in the AH-64A, and prepared to execute 1-135th mission statement when called to do so. The attack battalion is young, energetic and has the potential to complete any task assigned to them," he said.

The colonel graduated from Maryville High School, Mayville Mo., in 1981. He attended Northwest Missouri State University where he received a bachelor of science degree in 1987. While attending NWMSU, Colonel Burson enrolled in the Military Science Program ROTC and received his commission as a second lieutenant in July 1987.

In the summer of 1988 he attended Initial Entry Rotary Wing School at Fort Rucker, Ala., and graduated in the fall of 1989. Since graduating from IERW, he's been actively engaged in the Missouri Army National Guard.

The colonel's key military assignments include: platoon leader, company commander, intelligence officer, operations officer and executive officer.



Courtesy photo

Army Lt. Col. Thomas Burson accepts the guide-on from fellow Soldier Lt. Col. William Thomas during the 1-135th Aviation Battalion Missouri Army National Guard change of command ceremony June 4.

He's also qualified in the UH-1H Huey, OH-58C Kiowa, AH-1F Cobra and AH-64A Apache.

Colonel Burson has more than 3,250 accident-free flight hours in rotary wing aircraft. He holds a standardization instructor pilot certificate in the Cobra and Apache. Recently he was qualified to conduct and teach aerial combat maneuvering flight training in the Apache. This is a

broad step in military helicopter flight training that was recently developed by tactics, techniques and procedures from Operations Enduring and Iraqi Freedom.

Colonel Burson is a full-time MoARNG employee at the Army Aviation Support Facility Number One here.

He and his wife, Deanna, have four children: Max and Alex, 9, Connor, 5, and Olivia, 22 months.



Photo by Senior Airman Neo Martin

Airman 1st Class Orlando Amaro, 509th Security Forces Squadron, checks the identification and seat belt of a base resident.

Safety belts help secure lives

By Senior Airman Neo Martin
Public Affairs

In fiscal year 2004, 22 Air Force members lost their lives in auto accidents.

The 509th Bomb Wing Safety Office encourages Team Whiteman members drive responsibility and wear seat belts while driving on and off base.

"It's not only important to wear seat belts this holiday weekend, seat belt safety is an ongoing program and mindset. Every member of Team Whiteman is needed and irreplaceable," Master Sgt. John Cline said.

The National Highway Traffic Safety Administration and the Missouri "Click it or Ticket" campaign provides the top reasons why people should wear a seat belt:

- ✓ Seat belts can save your life or the life of a loved on in a crash.

- ✓ Seat belts can reduce your risk of a serious injury in a crash by 50 percent in

Air Combat Command fact

10 **Seven of the last**
10 fatal mishaps in the ACC
fatalities involved individuals
not wearing seat belts.
Not wearing seat belts

cars and 65 percent in light trucks.

- ✓ Thousands of the people that die in car crashes each year might still be alive if they had been wearing seat belts.

- ✓ It's easy. It only takes three seconds to buckle up.

"Seat belt safety and the 'Click it or Ticket' campaign are important parts of personal risk management," Sergeant Cline said.

FIREWORKS SAFETY

Celebrate independence with intelligence

The U.S. Consumer Product Safety Commission estimates more than 8,800 people were treated for fireworks-related injuries in 2002. During the past 10 years, about a third of the injuries associated with fireworks have been caused by illegal explosives or homemade fireworks.

If you plan to shoot your own fireworks:

- ✓ Check local laws. Make sure fireworks are legal where you live.
- ✓ If they are legal, know what kinds are legal and what kinds aren't.
- ✓ Don't let young children play with fireworks or set them off.
- ✓ Adults should either ignite the fireworks, or supervise older children who are doing it.
- ✓ Read the warnings, rules and instructions. Then, after you read them, follow them to the letter.
- ✓ Wear eye protection and keep all parts of your body out of the line of fire.
- ✓ Make sure the audience is out of range of misfired or misdirected rockets and roman candles.
- ✓ Set off the fireworks on a hard, flat surface away from anything flammable.
- ✓ Wait several minutes before walking up to a firework that didn't go off.
- ✓ Don't try to relight duds or misfires. Soak them in water.
- ✓ Have a bucket of water or a garden hose handy.
- ✓ Buy fireworks from reliable retailers.
- ✓ Never experiment with fireworks or try to make homemade ones.
- ✓ Avoid storing fireworks for extended periods. If you must store them, keep them

Firework FAQs

Can I use fireworks on base? At Whiteman: Fireworks use on the base isn't allowed without the approval of the fire chief, 509th Mission Support Group commander and 509th Bomb Wing Safety Office. People should check local city and county ordinances before use off base.

Where can I purchase and use fireworks? In Knob Noster, Sedalia or Warrensburg: Fireworks can't be sold, bought or used, to include sparklers, within the city limits.

Within Johnson County, Mo.: Fireworks can be sold, bought and used.

in a cool, dry place.

- ✓ When the show is over, soak the expended fireworks and dispose of them in a trash container.

- ✓ M-80s and "blockbusters" are not legal fireworks; they are dangerous, banned explosives. They are extremely dangerous. Avoid anything that isn't clearly labeled with the name of the product, the manufacturer's name and instructions for proper use.

If you attend a professional display:

- ✓ You don't need to get close. The best view is from several hundreds yards away.
- ✓ If debris falls nearby, don't touch it.
- ✓ Leave pets at home. Dogs, in particular, can have their hearing damaged by the explosions. *(Courtesy of the 509th Bomb Wing Safety Office)*

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Photo by Senior Airman Leila Hemenway

Tech. Sgt. Jerry Waller, 509th Maintenance Group, puts food on his plate during the post Nuclear Surety Inspection reception at Mission's End Monday. Col. Chris Miller, 509th Bomb Wing commander, praised wing members' efforts during the NSI June 19-24 and treated wing members to free appetizers and refreshments.

509th BW announces NSI superior performers

The Air Combat Command Nuclear Surety Inspection team recognized 65 superior performers and 25 superior teams during the NSI June 19-24. They are:

Superior Performers

509th Maintenance Squadron

Capt. Amanda Eigel; Tech. Sgts. Eric Holland and Russell Marroon; and Senior Airman Rosalind Walls.

509th Operations Support Squadron

Capt. Aaron Hattabaugh; Master Sgt. Francisco Cruz; Staff Sgts. Michael Clark, Tiffany Clements and Jeffrey Miller.

509th Bomb Wing

Capt. Arnold Sauther.

509th Civil Engineer Squadron

Master Sgts. Mark Onken and Arthur Roy; Tech. Sgt. William St. Peter; Staff Sgt. David Ball; Airman 1st Class Andrea Coombs; and Airmen David Fisher and John Luke.

509th Logistics Readiness Squadron

Tech. Sgts. Richard Barker and John White; Staff Sgt. David Dunne; and Airman Mark Haywood.

509th Aircraft Maintenance Squadron

Tech. Sgts. Alexander Barrientos, Kari Miller and Jeffrey Prescott; Staff Sgts. David Hill, Bradley Klepac, Roy Murray, Adam Prazak and David Stephenson; Senior Airmen Shanna West and Randy Willetts.

509th Munitions Squadron

Staff Sgt. Nicholas Paul; Senior Airmen Matthew Adler, Gideon Gooden and Jenna Tatum.

509th Mission Support Squadron

Tech. Sgt. Dione Odom.

509th Security Forces Squadron

Tech. Sgts. Steven Porter and Mark Wenell; Staff Sgts. Steven Fines and Jonathan Huber; Senior Airmen Brian Brown, Trevor Casebolt, Simone Hurd, Daniel McClain, Kenneth McCormick, James Moten, Aaron Pate, Timothy Schultz and John Sullivan; Airmen 1st Class Billy

Allison, Jonathan Berry, James Brontrager, Richard Brownlee, Robert Dotson, Heather Heimann, Ashley Korf, John Pena, Dusty Weiskopf and Lucious Williams; and Airmen Kevin Bateman, Daniel Corke, Dustin Graham, and Brennon Wilkerson.

509th Medical Operations Squadron

Tech. Sgt. David Sheets.

509th Maintenance Group

Staff Sgt. Dustin Hahn.

Superior Teams

509th AMXS Support Team
509th BW Exercise, Plans and Programs Team
509th OSS Targets Team
509th Maintenance Operations Squadron Quality Assurance Nuclear Surety Inspection Prep Team
509th MUNS B61 Limited Life Component Exchange Team
509th MXS Bomblift Inspection Team
509th CES Contamination Control Station Team
509th CES Explosive Ordnance Emergency Entry Team
509th CES Fire Department Emergency Entry Team
509th CES Fire Department Fire Prevention Team
509th CES Lightning Protection System Team
509th MXS MHU-204/M Trailer Inspection Team
393rd Aircraft Maintenance Unit Mini-Generation Load Team
509th AMXS Mini-Generation Team
509th MUNS Nuclear Ordnance Controlled Materiel Team
509th SFS Personnel Reliability Team
325th AMU Single Weapon Load Team
509th LRS Vehicle Management Team
509th Communications Squadron Visual Imagery and Intrusion Detection Systems Team
509th MXG Weapons Standardization Section
509th CES Weapons Storage Area Generator Team
509th MUNS Weapons Tiedown Team
509th BW Command Post Team No. 1
509th BW Command Post Team No. 2
509th BW Command Post Team No. 3

Whiteman Spirit Award



Tech. Sgt. David Hodges

509th Mission Support Squadron

Tech. Sgt. David Hodges, 509th Mission Support Squadron, received the Whiteman Spirit Award from Col. Chris Miller, 509th Bomb Wing commander, Monday.

Kelly Beck, 509th Services Squadron, nominated Sergeant Hodges for the award.

The youth center staff asked for Sergeant Hodges' help to prepare the youth baseball fields for the upcoming season. Sergeant Hodges organized a group of 30 volunteers to spend an afternoon prepping the field.

"The fields were in the process of being redone and required a lot of work to be ready for the season," Ms. Beck said. "We didn't have the resources to get the job done on time without assistance.

"(They) finished what would have taken us an endless number of hours and money to complete. Sergeant Hodges organized an amazing group of volunteers for a project that will benefit the children and community of Whiteman for a long time to come. I'm truly touched by his willingness to step up, take the lead and help.

Personally Speaking

Time on station: 5 years

Time in Air Force: 17 years

Hometown: Louisville, Ky.

Spouse: Dawn

Children: Gavin, 10; and Gareth, 3.

Hobbies: Woodworking and coaching youth sports.

Goals: To open up as many doors as possible; senior master sergeant and chief master sergeant, while possibly pursuing a term as a first sergeant. For now, my goal is to instill into every new Airman at Whiteman the importance of giving back to the community, while presenting a positive Air Force image 24/7. I'm achieving this goal every day in the First Term Airmen Course.

Best thing about Whiteman: The Airmen. My career is centered on our Airmen and they continue to amaze me and make me proud to know that our future lies in their hands.

Pet Peeves: One of my pet peeves is when people don't respond to a simple "hello" or "How are you?" and my all-time favorite ... not being on time.

What motivates your winning spirit? The family environment that I am proud to raise my children in. No matter how my day went, my chain of command has my back. And, at the end of every day, my wife and boys are there for me with open arms.

If you could change one thing about Whiteman what would it be? Whiteman needs no change. The thing that makes Whiteman what it is are the people, and that is what makes this place great. HOOAAHH!

Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed by the individual making Whiteman a better place to live and work by going far beyond his or her assigned duties to "make it happen."

If you know someone who has the Whiteman Spirit, send the nomination to the 509th Bomb Wing Public Affairs Office, Bldg. 509, Suite 111, or e-mail whiteman.spirit@whiteman.af.mil.

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climate-controlled hangar will be capable of housing two B-2s.

“Our maintainers have been working hard in conditions that are not as environmentally controlled as we have back at Whiteman,” said Col. Matt Erichsen, 36th Expeditionary Operations Group commander. “My hat is off to them for overcoming those challenges and providing the fliers with aircraft that enable us to sharpen our combat capability. Many of our pilots are more ready and proficient than they have ever been before.”

Other operational challenges included providing frequent rinses of the aircraft and tile repair. Airmen from the 393rd and previous rotations to the island overcame early barriers to make the base more operational-friendly for the 325th and future rotations of Airmen.

“They set up an outstanding infrastructure to operate from,” said Colonel Erichsen. “They really broke the ground on operations for the B-2; developing flying pro-

cedures and establishing a secure facility.”

The deployment also provided the Airmen and pilots with new training opportunities, thanks to flying sorties 2-3 hours longer.

“The training is a chance for aircrews to work with other types of USAF and joint aircraft such as the EA-6B,” Colonel Erichsen said.

In a time-sensitive targeting and air interdiction exercise, B-2 and F-15E Strike Eagle pilots combined efforts to participate in some groundbreaking integration training. Using the F-15Es as a strike coordination and reconnaissance platform, B-2 pilots dropped Joint Direct Attack munitions on designated targets in the Farallon de Medinilla range. The range is located on a 1.7-mile-long island leased by the Navy from the Pacific Commonwealth of the Northern Marianas.

Meanwhile, when Airmen have gotten a chance to get away from the flightline, they have taken some time to

take in the unique sights at Guam. Sergeant Vance said many Airmen have attended tours of the island, and spent time swimming, playing volleyball, hiking and scuba diving.

Airmen also gave back to the Guam community by helping run a 5K charity event and volunteering to construct a home for a needy family.

“Our deployed men and women greatly appreciate the support of the Guam community,” said Lt. Col. Paul Tibbets, who is stationed just one hundred miles from Tinian where his grandfather trained and launched to drop the atomic bomb “Little Boy” on Hiroshima during World War II. Colonel Tibbets is the director of operations for the 325th EBS.

“Just as we know our loved ones are taken care of at Whiteman while we’re away, it’s important that our families know the wonderful people of Guam extend their hospitality while we’re on the island.”

This space is reserved for advertisements

Smokeless tobacco poses numerous health problems



(Editor's note: *Airman Maintenance* is an ongoing feature where base support agencies offer advice or counsel and resources on the many issues that can cause Airmen physical, mental and spiritual stress.)

Is smokeless tobacco "a safe alternative" to smoking?

Well, if you think smokeless tobacco is safer than smoking because smoke is not inhaled into the lungs during its use, think again.

Millions of people use smokeless tobacco not knowing that it's dangerous to their health. While smokeless tobacco does not cause the lung diseases that smoking does, there are significant health risks associated with its use, including deadly mouth cancers and dangerous effects on the cardiovascular system.

Smokeless tobacco is a general term for tobacco that users do not smoke or burn. It includes both chewing tobacco (loose-leaf or plugs) and snuff (dip).

Snuff is the most popular type of smokeless tobacco used today. It's a finely chopped tobacco that is flavored with sugars and scents and comes in a round tin. It is sold in a variety of strengths and the user takes a "dip" and puts it between the cheek and gum, usually keeping it in one spot without chewing it. The other type is chewing tobacco, which usually comes in a foil pouch.

The tobacco sugars can contribute to tooth decay. The increased frequency of exposure to the sugars in tobacco juice

may heighten the risk of getting cavities. There are also sandpaper-like abrasive materials in this type of tobacco, which will wear down the surfaces of the teeth. The abrasives can also cause gum inflammation, called gingivitis. Often, the gum will peel back or strip away, exposing the root surfaces. This gum recession leads to bone loss around the tooth, which results in a lack of stability, and, sometimes, premature loss of the tooth. Also, exposed roots can become quite sensitive to hot and cold temperatures.

When using snuff or chew, the tobacco mixes with saliva and the saliva releases nicotine into the mouth. Then, the nicotine is absorbed through the oral tissues, directly into the blood stream.

As you probably know, nicotine is an addictive drug. It's harmful because it makes the heart work harder and faster and it reduces blood circulation. People who use smokeless tobacco place themselves at higher risk for heart attacks and strokes. Smokeless tobacco users generally experience a higher overall nicotine exposure than do smokers and have an even higher rate of cardiovascular disease.

Now, to the users. What better time to quit than now, during the Great American

Smokeout and just prior to the holidays? You've probably been thinking about quitting, anyway. Make that commitment for yourself — to stop putting your health at unnecessary risk.

For more details, call the Health and Wellness Center, at 687-7662. The HAWC has literature on smokeless tobacco and you may contact them for information about how to quit the habit. (*Courtesy of the 509th Medical Operations Squadron Dental Flight*)

What about cancer?

✓ **A whopping 28 cancer-causing substances, or carcinogens, have been identified in smokeless tobacco.**

✓ **Smokeless tobacco users are much more likely to develop otherwise rare cancers of the lip, cheek and tongue.**

✓ **The cancer risk in these areas for smokeless users, is 50 times greater than nonusers.**

✓ **Every hour of the day someone in the United States is diagnosed with oral cancer. Most of those are directly related to tobacco use.**

✓ **If you are diagnosed with oral cancer, the chances are one in three that you will die from it.**

✓ **Oral cancer can develop within five years of regular use.**

The warning signs

Because smokeless tobacco is very irritating to the oral tissues, abnormal changes may occur in these tissues, over time.

Most commonly, a white lesion called leukoplakia can develop on the oral tissues.

Leukoplakia can also have a wrinkled and leathery appearance. Leuko-

plakia is caused by chronic irritation of the tissues that are in direct contact with tobacco juice and it can be precancerous.

Having leukoplakia does not mean you have cancer, but having it increases your risk of getting mouth cancer.

Users should check their mouths frequently for:

- ✓ **Abnormal changes in the lip, cheek, and gum tissues.**
- ✓ **Red or white patches.**
- ✓ **Sores that may bleed easily.**
- ✓ **Lumps, swellings or surface changes that don't go away, or get well, with discontinued tobacco use.**
- ✓ **A dentist should examine any persistent abnormality right away.**

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No problems with base water

(Editor's note: This is an annual report on the quality of water delivered by Whiteman Air Force Base. There were no contaminant level, monitoring or treatment technique violations for this reporting period. Under the Consumer Confidence Reporting Rule of the federal Safe Drinking Water Act, community water systems are required to report this water quality information to the consuming public. Presented in this report is information on the source of Whiteman AFB water, its constituents and the health risks associated with any contaminants.)

The verdict is in. Whiteman's drinking water was declared safe to drink by the Environmental Protection Agency.

During the month of May 2004, we had a violation of the total monthly coliform maximum contaminant level. Coliforms are bacteria which are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present.

Further sampling indicated that harmful bacteria were not present. Following the positive sample, the water distribution lines were flushed in both directions and the sampling procedure and techniques were reviewed to reduce the possibility of a false positive.

The drinking water comes from the Whiteman water treatment plant operated by 509th Civil Engineer Squadron. The system has been assigned the identification number MO 1079501. The plant treats water from the Ozark Aquifer pumped from wells located on base. The water is filtered and treated with chlorine to disinfect the water. These wells have been tested and the results are available from the 509th Medical Operations Squadron Bioenvironmental Engineering Element. Anyone who would like to observe the decision-making processes affecting the drinking water quality or who has questions, can call the water plant at 687-1984.

The sources of drinking water, both tap and bottled, include rivers, lakes, streams, ponds, reservoirs, springs and

wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include:

- ✓ Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

- ✓ Inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

- ✓ Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

- ✓ Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.

- ✓ Radioactive contaminants, which can be naturally occurring or the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk.

More information about contaminants and potential health

For more details on the base water report, see Page 18.

**If you have questions, call
1st Lt. Thomas Heier or
Staff Sgt. Timonthy Houey,
509th Medical Support
Squadron Bioenvironmental
Engineering Flight,
at 687-4324.**

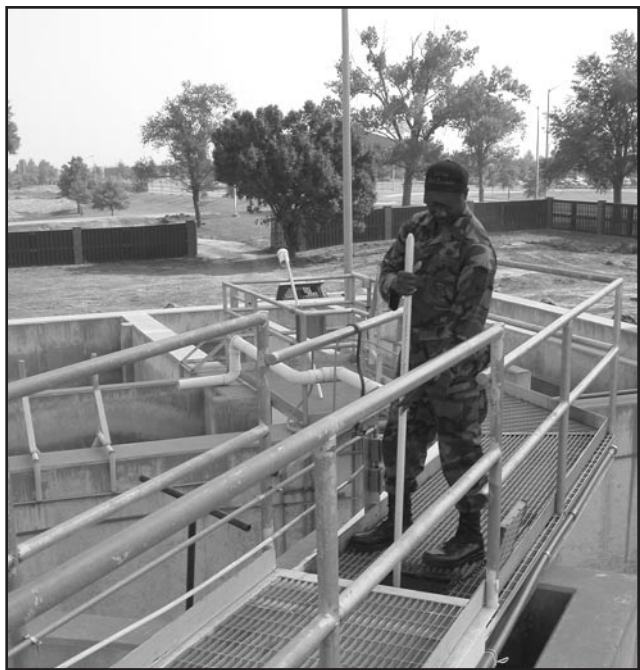


Photo by Senior Airman Neo Martin

Tech. Sgt. Mark Johnson, 509th Civil Engineer Squadron, takes one of more than 200 daily samples at the base water treatment facility.

effects can be obtained by calling the EPA's Safe Drinking Water Hotline at 800-426-4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as those with cancer undergoing chemotherapy, people who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk from infections.

These people should seek advice about drinking water from their health care providers. EPA and Center for Disease Control guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 800-426-4791.

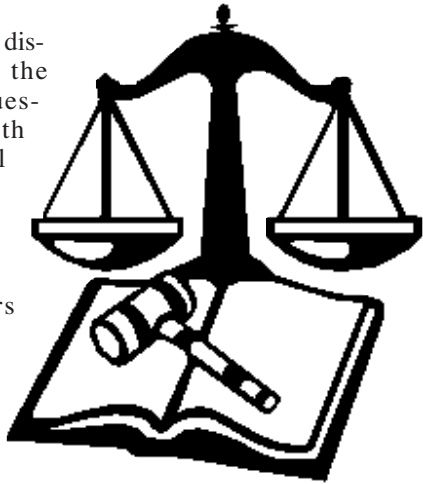
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Be aware of renter's rights

By Capt. Jeff Biller
509th Bomb Wing Legal Office

Landlord-tenant disputes are among the most common questions for the 509th Bomb Wing Legal Office each permanent change of station season.

To help military members become better informed, the following is some basic information on Missouri's Landlord-Tenant Law as it pertains to military members.



The best way to protect your rights as a tenant is to make sure you understand your lease. A tenant is not excused from honoring a lease simply because he does not understand or did not read it. When considering a lease, be sure to read the entire contract and ask questions or obtain a legal opinion about unclear provisions.

You have the right to ask landlords to amend the lease with written changes. All promises and agreements should be in writing for your protection. If you do have an oral agreement, it obligates the landlord and tenant for only one month.

Under Missouri law, a landlord can require a maximum two months' rent as a security deposit (one month in Kansas without pets and one and one-half with pets). At the end of the lease, the landlord has 30 days to return the security deposit with an itemized list of damages for which any portion of the deposit is kept. During that 30-day period, the landlord must notify the tenant of the time and date of the inspection. To avoid last-minute problems, tenants should ask the landlord in what condition he expects the unit to be left.

Allow plenty of time for cleaning. The landlord may keep all or part of a deposit to pay for actual damages (not for normal wear and tear), unpaid rent, or lost rent due to the tenant moving out without adequate notice.

Remember to give the landlord your forwarding address in writing so you can receive your deposit. If the landlord has wrongfully withheld all or part of a deposit, the tenant may sue to recover up to twice the amount wrongfully withheld.

Military members are afforded additional rights as tenants. The service members' Civil Relief Act allows those who receive PCS orders or are deployed for 90 days or more to terminate a lease by providing written notice to the landlord along with a copy of the military orders.

The termination of a lease that provides for monthly payment of rent will occur 30 days after the first date on which the next rental payment is due and payable after the landlord receives proper written notice.

In Missouri, active-duty members may end a lease with 15 days' notice if they: receive PCS orders; TDY orders to a station at least 25 miles away for 90 days or more; are discharged or released from active duty, or; are ordered to live in government supplied quarters.

For additional information regarding Missouri landlord-tenant law, visit the legal office or the Missouri Attorney General's website at <http://www.ago.mo.gov>.

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U.S. Savings Bonds are a star-spangled investment, as traditional as the Fourth of July, and a sure way to build for financial independence. Bond interest earnings are market-based, exempt from State and local income taxes, and the Federal income tax liability on earnings can be deferred.

Take Stock in America





Courtesy photo

Aside from maintaining a high operational tempo, Whiteman members deployed to Andersen Air Force Base, Guam, volunteered to help the local community working with Habitat for Humanity.



Photo by Staff Sgt. Bennie Davis III

Senior Airman Justin Dansby, 36th Expeditionary Aircraft Maintenance Squadron, inspects the wheel well of a B-2 while deployed to Andersen Air Force Base, Guam. Andersen AFB is located on the northern tip of Guam, an island in the North Pacific Ocean. Guam was chosen as a forward operating location for the B-2 because of its strategic regional location.



Photo by Staff Sgt. Bennie Davis III

Senior Airman Corey Sherman of the 36th Expeditionary Aircraft Maintenance Squadron, helps tow a B-2 at Andersen Air Force Base, Guam. Airman Sherman is one of 270 Airman deployed in late April as part of the first 120 day deployment of the B-2 since it was declared fully-operational capable in December 2003.



Photo by Staff Sgt. Bennie Davis III

Airman 1st Class Patrick Collard, 36th Expeditionary Aircraft Maintenance Squadron, performs maintenance on a bomb rack during an after fire inspection in the bomb bay of a B-2 deployed to Andersen Air Force Base, Guam. The B-2s and 270 Whiteman members are deployed to Andersen as part of the Pacific Command's continuous bomber presence in the Asia-Pacific region, enhancing regional security and the U.S. commitment to the Western Pacific.

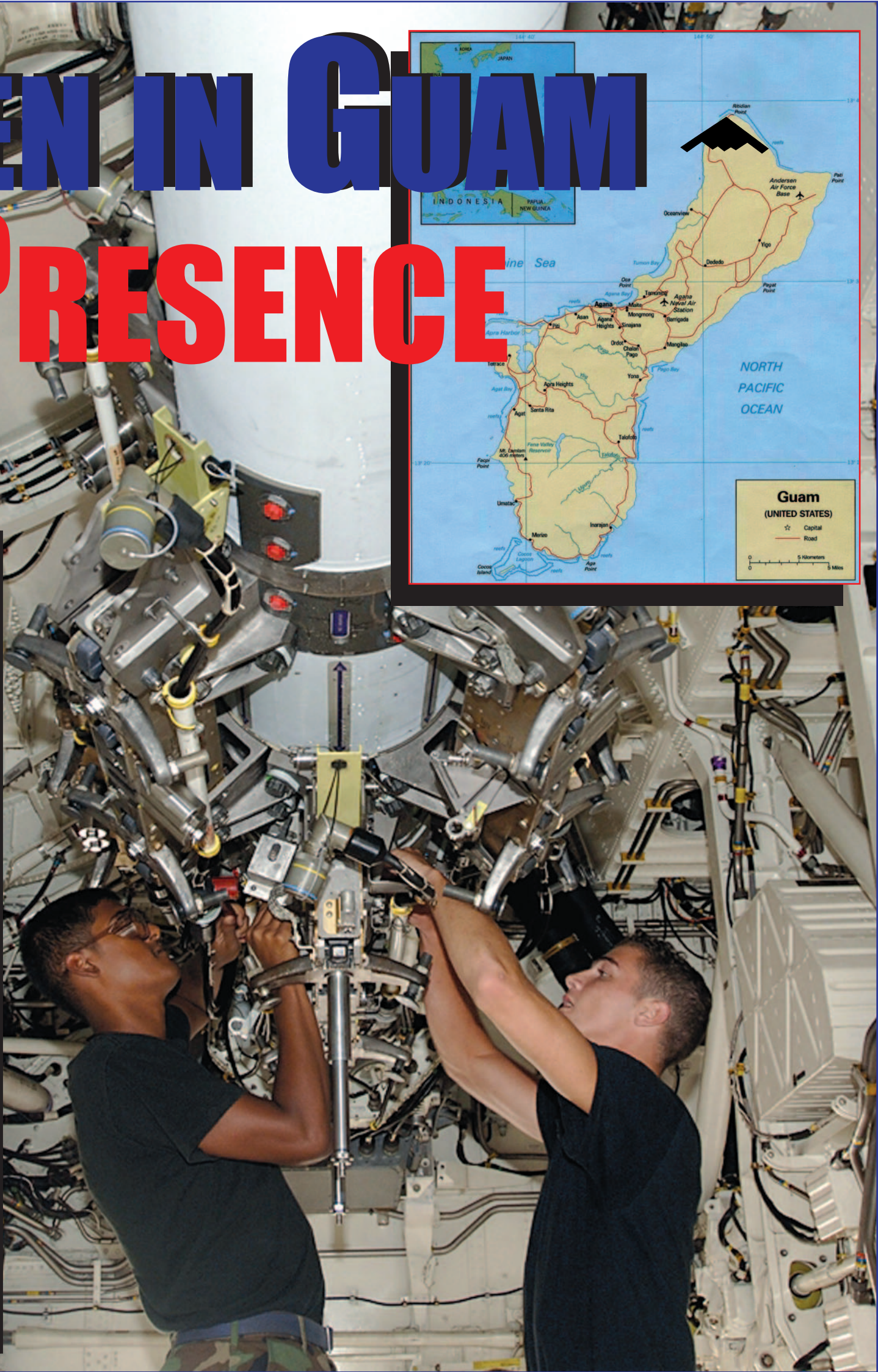
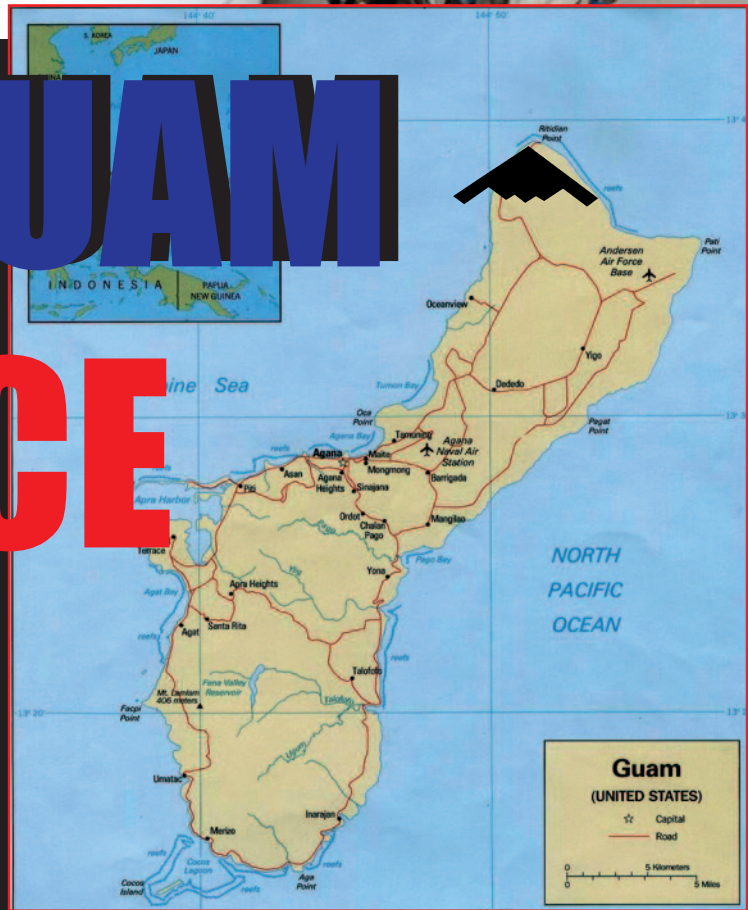


Photo by Staff Sgt. Bennie Davis III

Senior Airmen David Seenauth and Bryan Taggard, 36th Expeditionary Aircraft Maintenance Squadron, conduct an after fire inspection in the bomb bay of a Spirit bomber. Several B-2s and 270 Whiteman members are deployed to Andersen Air Force Base, Guam. This is the longest deployment of B-2s since they were declared fully-operational capable in December 2003.

AIRMEN IN GUAM A NOTED PRESENCE



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AF approves Afghanistan, Iraqi campaign medals

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Air Force officials have authorized Airmen to wear the Afghanistan Campaign Medal and the Iraqi Campaign Medal.

The Department of Defense campaign medals apply to active-duty Airmen, reservists and guardsmen deployed on or after Oct. 24, 2001, for Operation Enduring Freedom and March 19, 2003, for Operation Iraqi Freedom.

Airmen must have been assigned, attached or mobilized to units operating in Afghanistan or Iraq for 30 consecutive days or 60 nonconsecutive days to be eligible. The ACM is awarded for service for all land areas within and all airspaces above Afghanistan. The ICM is for service covering all land areas within Iraq, all adjoining water areas out to 12 nautical miles and all airspaces above those areas.

Airmen are not entitled to more than one campaign and/or expeditionary medal for the same action, achievement or period of service. There are also no devices for either campaign medals or the Global War on Terrorism-Expeditionary Medal.

A period of service is defined as an

area of deployment and includes the number of days criteria outlined above. Airmen begin a second period of service when they forward deploy or return to home station and then deploy later.

Airmen deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days between the eligibility period and April 30, may elect to wear either the appropriate campaign medal or the GWOT-E medal, but not both.

Those who deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days after April 30 can only earn the respective campaign medal for the area they served in.

Air Force Personnel Center officials here will do a mass system update in August to convert GWOT-E medals to campaign medals for Airmen who are eligible. Airmen who do not want the GWOT-E medal converted need to notify their commander's support staff or military personnel flight, officials said.

The campaign medal for Afghanistan shall be positioned below the one for Kosovo and above the medal for Iraq.

For more information, Airmen can contact their local military personnel flight.

Protect Your Financial Privacy

By Capt. Jeff Biller

509th Bomb Wing Legal Office

Have you ever wondered how all those companies sending mortgage and investment offers obtained your financial information and what you can do to prevent it? Consumer information held by some "financial institutions," is protected under federal law and there are limited steps you can take to prevent the spread of that information.

The first step is to look for privacy notices from financial companies in the mail. Most non-bank mortgage lenders, loan brokers, financial or investment advisers, tax preparers, providers of real estate settlement services and debt collectors are required to provide consumers with an explanation of their information-sharing practices. Beware! These notices may look like junk mail, so be sure to open any mail from financial companies that you deal with.

These privacy notices must include the following items: the type of information the company collects; with whom it shares that information; and how it safeguards information. Consumers with a long-term

relationship will receive automatic privacy notices. If you have limited or one-time dealings with a company, you may only receive a privacy notice if the company shares your information with unaffiliated companies.

If you are concerned about the information these companies are sharing, you can prevent some of that information from being shared.

The privacy notice must explain the procedure for preventing the company from sharing that information. However, not all information is subject to these protections. For example, if the information is public and can be discovered through other means, it is not subject to these protections.

Junk mail can be a pain and it is tempting to just throw it away. However, taking a few minutes to read mail from financial institutions you have used may provide important details for protecting your financial information. It may also help reduce your junk mail pile in the future.

For more details on this topic, call the legal office at 687-6809 or find additional information on the web at www.ftc.gov/privacy.

Want *Straight* TALK? Call the *Straight* TALK Line

Bad weather?
Base crisis?
Squash the rumors!

at 687-NEWS



Check out the news online at
<http://www.whiteman.af.mil/news.htm>

8TH, from Page 3

not only celebrate the liberty we enjoy as Americans, let us also celebrate those who defend them. May we always remember the heroes who have gone before and the heroes who still stand watch today. I thank you and your families for your outstanding service in defense of America’s freedom.
God bless our great nation!

Mobility bags must be packed, ready

By 1st Lt. Heather Alden
100th Air Refueling Wing Public Affairs

ROYAL AIR FORCE MILDENHALL, England (AFPN) — When most people plan to travel, they take time to make sure they have packed everything they will need for their trip. Sometimes, forgetting a toothbrush can put a damper on a vacation.

However, in the military, troops must be ready to go at a moment’s notice. On a deployment to a hazardous duty area, forgetting a toothbrush might only be an inconvenience; forgetting a chemical warfare protective gear could potentially result in serious illness or death.

“With short-notice taskings, (Airmen) have to take care of many outprocessing and pre-deployment issues,” said Maj. Jeffrey Lingens, 100th Air Refueling Wing installation deployment officer here. “They may not have a whole day or even a few hours to get their bags ready. Today’s expeditionary Airmen are expected to be ready to go at all times.”

The 100th Security Forces Squadron’s Airmen here witness the importance of troop readiness on a regular basis.

“In the last two deployments, we had to change out troops within 24 to 48 hours of the team leaving,” said Staff Sgt. Wesley McMackin, 100th SFS unit deployment manager. “Troops who deploy without packing the required gear not only lack the basic tools to get the mission done but also put themselves in potentially life-threatening situations.”

There are five mobility bags — the personal bag and the A, B, C and D bags. To be deployment-ready, Airmen should understand what each of these bags contains and have the proper bags prepared.

All Airmen should have a personal mobility bag packed with the items they would need for 60 days. The personal bag contains the required uniforms, personal health and hygiene items, as well as many optional items which have proved helpful in deployed locations, such as raincoats, flashlights and skin-care lotions.

The A bag is a general purpose bag which includes a Kevlar helmet, web belt, body armor, sleeping bag, canteen kit, mess kit and other support items. The B bag is a cold-weather bag which includes a parka, gloves, boots and socks. The C bag is a chemical-defense bag which includes chemical warfare protective suit, protective mask, mask filters, gloves, hoods, boots and detection papers. The D bag is an aircrew chemical-defense bag and includes specialized in-flight protective equipment, such as coveralls and mask, mask filters, blower, gloves, hoods, boots, detection papers and kits.

“Know which bags you need, and have your mobility bags packed and ready,” Sergeant McMackin said. “We’re an expeditionary Air Force.” *(Information source: Air Force Manual 10-100, “Airman’s Manual.” Courtesy of U.S. Air Forces in Europe News Service)*

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Did you know you can fill out a Department of Defense Form 2266, Hometown News Release, for a variety of accomplishments? For more details, call Staff Sgt. (S) Neo Martin at 687-6131.

Table of Detected Water Contaminants								
Contaminant	MCLG	MCL	Units	Level Found	Range	Violation	Sample Frequency (Latest)	Typical Source of Contamination Remarks
Microbial								
Total Coliform	0	£ 5	# postive	2.0	May	Yes	weekly	Natural bacteria present in the environment
Turbidity	N/A	TT	NTU	0.047	0 – 0.2	No	12x daily	Soil Runoff/Indicator of filtration efficiency
Inorganic								
Barium	2	2	ppm	0.0796	0.0796	No	2002	Discharge of drilling wastes; Discharge metal refineries; Erosion of natural deposits
Fluoride	4	4	ppm	0.6700	0.67	No	2002	Erosion of natural deposits; Discharge from fertilizer and aluminum factories
NITRATE + NITRITE	10	10	ppm	< 0.05	< 0.05	No	2004	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Copper	Action Level AL= 1.3	Units ppm	90th Percentile 0.034	Sites exceeding AL 0	Collection Period 1/1/2004-12/31/2004		Corrosion of household plumbing systems; Erosion natural deposits; Wood preservatives	
Contaminant	MCLG	MCL	Units	Level Found	Range	Violation	Sample Frequency (Latest)	Typical Source of Contamination Remarks
Organic								
Trihalomethanes	N/A	80	ppb	12.9000	12.9	No	2004	By-product of drinking water chlorination
Radiological								
Gross Alpha	0	15	pCi/L	1.3000	1.3	No	2000	Erosion of natural deposits
Unregulated								
Sulfate	250	N/A	ppm	37.1000	37.1	No	2002	Erosion of natural deposits

Optional Contaminants					
Inorganic	Units	Level Found	Range	Sample Year	
Alkalinity	ppm	245.0000	245.0	2002	
Calcium	ppm	55.1000	55.1	2002	
Chloride	ppm	29.7000	29.7	2002	
Hardness	ppm	240.0000	240.0	2002	
Magnsium	ppm	25.5000	25.5	2002	
PH		7.5800	7.58		
Potassium	ppm	3.8000	3.8	2002	
Sodium	ppm	32.9000	32.9	2002	
Solids	ppm	218.0000	218.0	1999	
Sulfate	ppm	37.1000	37.1	2002	
Zinc	ppb	06.0200	6.02	2002	
Volatile Organic		Units	Level Found	Range	Sample Year
Bromodichloromethane		ppb	1.1200	1.12	2004
Bromoform		ppb	7.6700	7.67	2004
Chlorodibromomethane		ppb	4.1400	4.14	2004
*All sample monitoring frequencies are current and in accordance with state and federal regulations.					

For more details, see story Page 10 or call 1st Lt. Thomas Heier or Staff Sgt. Timonthy Houey, 509th Medical Support Squadron Bioenvironmental Engineering Flight, at 687-4324.

Definitions of Key Terms

Maximum Contaminant Level Goal (MCLG) - The level of a contaminant in water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Parts per billion (ppb) or Micrograms per liter (µg/L) - One part per billion corresponds to one part (amount) per billion parts. As an example, a single dollar in \$1,000,000,000 is 1 ppb.

Action Level (AL) - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level (MCL) - The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Million fibers per liter (MFL) - Millions of asbestos fibers per liter of water. Picocuries per liter (pCi/L) - Picocuries per liter is a measure of the radioactivity in water.

Milliroentgens equivalent man per year (mRem/yr) - Milliroentgens equivalent man per

year is an estimated dose of beta radiation to a human.

Treatment Technique (TT) - A required process intended to reduce the level of a contaminant in drinking water.

Nephelometric Turbidity Units (NTU) - A measure of the cloudiness of water.

Level found - The average of all test results for a particular contaminant.

Variances and exemptions - State or EPA permission not to meet an MCL or treatment technique under certain conditions.

Parts per Million (ppm) or Milligrams per liter (mg/L) - One part per million corresponds to one part (amount) per million parts. As an example; a single dollar in \$1,000,000 is one ppm.

Range of detection - Shows the lowest and highest levels found during a testing period, if only one sample was taken, then this number equals the level found.

90th percentile - For copper and lead testing. 10 percent of test results are above this level and 90 percent are below this level.

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What's Happening

Community

KC RiverFest Freedom walk

The Kansas City, Mo., RiverFest Freedom walk is 7:30-11 a.m. Monday at the Berkley Riverfront Park. The cost of \$5 includes a pancake breakfast. Proceeds from the event will be donated to the VFW's military assistance program. For more details visit <http://www.kcriverfest.com> or call the information hotline at 816-561-7555.

Cancer support group meets

A cancer support group meeting begins at noon July 8 at the family support center. Refreshments will be provided. For more details, call Master Sgt. Dee Ann Poole at 687-6125.

B-2 tours available

Do your family and friends want to see the B-2 up close? They can view the B-2 from 10:45 a.m.-noon July 8, Aug. 12, Sept. 9 and Oct. 14 in front of base operations. To sign up or for more details, call public affairs at 687-6128.

Volunteer dental assistant

The base dental clinic is accepting volunteers for the next dental assisting volunteer program class starting July 11. This is an opportunity to get free training in the dental field. To volunteer or for more details, call Master Sgt. Clayton Thornburg at 687-6898.

Airman's Attic all ranks day

Due to an overwhelming amount of donations and generosity from the community, the Airman's Attic is running out of space. The Airman's Attic is having all ranks days now through July 29. The Airman's Attic hours are 10 a.m.-2 p.m. Mondays, Wednesdays and Fridays.

AF ball golf tournament date changed

The Air Force ball golf tournament begins 10 a.m. with an 11 a.m. shotgun start July 22 at the Royal Oaks Golf Course. Participants must sign up by July 15. This four-person per team scramble costs \$15 plus green and cart fees. There is a 36 team max. All proceeds will be used to offset costs of the ball. E-mail team names to Tech. Sgt. Robert VanDeHey at robert.vandehey@whiteman.af.mil or call 687-2350.

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This space is

How to Manage Your Weight

Many people know they need to watch portions and make healthy food choices to lose weight, but find it difficult to do both. What are people who are successful at weight loss doing right?

The National Weight Control Registry is a research study that monitors successful weight loss in more than 3,000 individuals.

Most of the individuals in the registry have maintained a 30-pound weight loss for five years, making them a group worth studying to learn about successful weight maintenance.

The registry reports that successful

weight losers achieve their success by working out regularly, controlling their calorie intake and monitoring their weight.

The average participant burns 400 calories per day from physical activity, with walking as the favored activity.

In addition to activity, participants focus on healthier food choices and smaller portions.

If you're striving for long-term weight control, include regular activity and healthy food choices in your daily routine. *(Courtesy of the health and wellness center)*



Photo by Karen Mayo

Group effort

Members of the 72nd Test and Evaluation Squadron roll a tire towards the finish line during 72nd TES family day picnic June 12. The family day included a tire roll, sand bag relay race, tool memory and tug of war.



Photo by Senior Airman Joe Lacdan

Fit tastic

Capt. (Dr.) Michelle Phillips, 509th Medical Operations Squadron, scored a 100 on her last fitness test, a 13-point improvement from her 2004 score. In the over 40 category, she did 26 pushups, more than 50 sit-ups and clocked a 12 minute 17 second time in the 1.5 mile run. Captain Phillips said she runs about 25 miles and works out three times a week. She said she's also lost 16 pounds and taken three inches off her waist measurement.

Whiteman triathlon team results



Photo by Airman 1st Class Jason Burton

First Place

Team A

Todd Dyer, Chief Master Sgt. Rafael Ramierz, 509th Maintenance Group, and Larry Landwehr had a combined time of 50 minutes 42 seconds.



Photo by Airman 1st Class Jason Burton

Second Place

Team I

Tech. Sgts. Glen Sasek, Alison Bridges and Jeremy Chrisman had a combined time of 55:01. They are all members of the 372nd Training Squadron Det. 6.



Photo by Airman 1st Class Jason Burton

Third Place

Team B

Behzad Regimand and Tim Sheldon had a combined time of 57:15.

Correction:

In the June 24 issue of the Whiteman Spirit, these triathlon team winners were not mentioned.

Advertising in the Whiteman Spirit pays you back!



Services Page editor.....Poppy Arthurton
509th Services Squadron.....687-7929
*No federal endorsement of mentioned sponsors intended.

Happy 4th of July from Services!

Join us for fun, food and fireworks at Skelton Park!

8-9:30 a.m. Fishing Derby (base lake)

9 a.m. Red, White and Blue scramble golf tournament (Royal Oaks) Win a 2005 Harley Davidson Fat Boy with a hole in one on green #15 or a 2005 Club Cart with a hole in one on green #2.

7 p.m. Games in the park - volleyballs, horseshoes, footballs and soccer balls all provided. Bring chairs and snacks.

7-9:30 p.m. Food stand open (hot dogs, bratwurst, beer, soft drinks and water).

7-10 p.m. Disco

9:30 p.m. Firework display

Sponsored in part by:
B & D Transmission, Blue Springs Harley Davidson, M & M Golf Cars and Northrop Grumman

* No federal endorsement of mentioned sponsors intended.

Food & Fun

Stars and Strikes
687-5114

Stars and Strikes closure

The bowling center is closed for renovation until July 11. The snack bar will reopen Tuesday for take-out orders only.

Mission's End
687-4422

Mission's End closure

Mission's End is closed today-Monday for the holiday weekend.

2005 services club scholarship

Club members and their families can enter the annual services club scholarship program to win scholarship awards of up to \$6,000. Entrants must write 500 words on the subject of "My hero and why" and a summary of long-term goals, career ambitions and achievements to date. Closing date is July 11. Ask a club staff member for details.

Movie Schedule

Friday

Star Wars: Episode III PG-13 7 p.m.
Starring - Ewan McGregor and Hayden Christensen

Saturday

Mindhunters R 7 p.m.
Starring - Val Kilmer and LL Cool J

Sunday

Closed

Thursday

Star Wars: Episode III PG-13 7 p.m.
Starring - Ewan McGregor and Hayden Christensen

Adults: \$3.50 Children: \$1.75
Movie Recording Line: 687-5110

Community Activities

Skills Development Center
687-5691

Basic car care

Spouses of deployed members can learn basic car maintenance, including how to change oil and check fluids 2-5 p.m. July 8 at the auto skills center.

Creative circle meeting

The new creative circle group meets at 10 a.m. July 9 at the skills development center. New members are welcome. Sign up now to attend and keep up-to-date with the latest arts and crafts news.

Beginner's jewelry class

People new to jewelry making can learn the basic skills by using colored wire to create a pair of earrings. This class takes place 9-11 a.m. July 12 at the skills development center. The class is a prerequisite for the intermediate class on July 19 and 20. The cost of \$10 doesn't include supplies.

Teen Center
687-5819

Laser tag

Zap your friends while competing as part of a team at Missouri's largest laser tag facility, 3-9 p.m. July 16 in Kansas City, Mo. Transportation is \$2 and the games cost \$5 for one or \$12 for three. Slots are limited so sign up early by calling the teen center.

Youth Center
687-5586

Soccer camp

Soccer players can improve their teamwork, skills and sportsmanship at a youth center soccer camp. The camps run 8:30-11:30 a.m. Aug. 1-4 for ages 5-8 and Aug. 8-11 for ages 9-14. Sign ups start Tuesday with priority going to youths who have previously played with the youth center. The cost is \$50 per child and \$35 for each additional child from the same family.

Dentokan Karate

People 6-years-old and older can take part in Dentokan karate classes 5-8 p.m. Tuesdays and Thursdays at the youth center. Sign ups are ongoing. The cost is \$25 for members and \$32 for nonmembers.

Community Center
687-5617

Build-A-Boat

Come along to the outdoor recreation party at 6 p.m. July 9 at the base pool and take part in the annual Build-A-Boat competition. Teams of a minimum of five will have 30 minutes to build a boat using cardboard and duct tape. The boats will be raced 7-7:30 p.m. Prizes for

the fastest time, best sinking and most team spirit will be given out. Contact the community center for rules and to sign up. The cost is \$2 per person.

The "real" Red Riding Hood!

Central Missouri State University Theatre group presents an alternative take on the traditional tale. Has the wolf been the innocent victim of Miss Riding Hood's smear campaign all this time? Suitable for all the family, the show starts at 10 a.m. July 15 in the youth center gym. Tickets are \$1, free for children under 2 years.

Family Child Care
687-1180

Want a profitable home-based career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly ill children. The Air Force is now offering a subsidy for providers who are willing to meet these critical needs. Providers who hold a standard license are subsidized \$125 a week per qualifying child. Providers with chronic health problems are accepted.

Library
687-6217

Summer reading program

It's not too late to join the summer reading program. Children from birth to 18 years old can take part by picking up a registration pack from the library and keeping a log of pages read. Readers can win prizes throughout the summer depending on the number of pages read. Children who are not yet reading can join the "Little Listeners" program and take part by being read to. Contact library staff for details.

Veterinary Clinic
687-2667

Fourth of July pet safety

The Fourth of July can be a potentially dangerous and frightening time for pets. Besides the risk of physical injury and burns, many pets are fear the excitement and noise created by fireworks. Dogs and cats have very good hearing and may be sensitive to the noises, even from afar. In panic or confusion, they can go to great lengths to escape enclosures, such as digging under fences or chewing through leashes. In fact, this holiday results in the influx of more runaway and lost pets at animal shelters than any other time of the year.

Signs of distress: shaking, drooling, barking, howling, trying to hide or get into/out of the house or enclosure, loss of bladder or bowel control. Prolonged stress may cause diarrhea.

How owners can help: keep pets indoors with the curtains drawn. Turn on the radio or TV to muffle outside noise. Be sure pets are wearing a secure collar with a current ID tag, or have them microchipped to aid identification in the event the pet escapes.

Sports & Recreation

Outdoor Recreation
687-5565

Ski boat safety course

People interested in renting a boat from outdoor recreation must take a certification class. The next ski boat class is 1-5 p.m. Thursday at Windsor Crossing. The cost is \$5. Call outdoor recreation for more details.

Long Shoals launch

Intermural bass fishing tournament begins at 12:30 p.m. Thursday at Long Shoals. There are still lots of bass in the lake and plenty of tournaments left for squadrons to be involved in. Participants pay a \$20 fee which covers entry to all remaining tournaments. Call outdoor recreation for more details.

Community pool party

A free party for the base community takes place 6-10 p.m. July 9 at the pool. There will be swimming, games, music, food and the community center's Build-A-Boat competition.

Fitness Center
687-5496

Special Olympics volunteers

Whiteman is hosting the district softball tournament for the Special Olympics. Volunteers are needed to assist and support teams. The first matches are at 7 p.m. July 15 with the official opening ceremony at 9 a.m. July 16. Contact Tech. Sgt. Don Ware at the fitness center to volunteer.

Tickets and Travel
687-5643

2-for-1 cruise promotion

Cabins are still available on six cruises. For more dates call, tickets and travel. The promotion ends July 15.

Disney salutes U.S. forces

Active-duty and retired military members can save 30 percent on stays of one to three nights and 40 percent on stays more than four nights at Walt Disney World resorts Aug. 1-Oct. 4.